

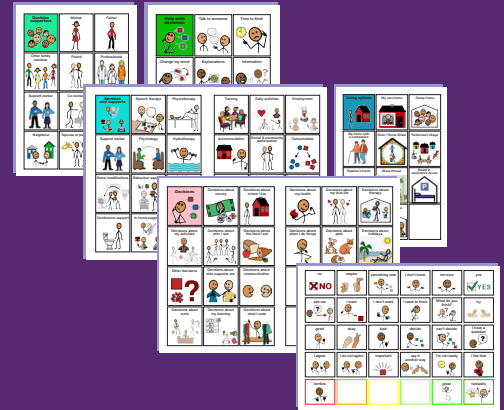


*My* Decisions *My* Rights *My* Supporters

## **Decision Making Possibilities**

# **Decision Making Visual Resources**

**This is a set of visual resources that can be used with decision makers and their supporters.**



Supporting the right of people to make decisions includes ensuring that they have the opportunity and means to express their views.

Visuals (or visual supports) can be a way to do this. Many people find it easier to understand and remember what they see rather than what they hear. Visuals can be pictures, symbols, photos or real objects that represent words and ideas. They add information to spoken words.

Decision makers and their supporters may choose to use visuals to:

- Have conversations about a variety of topics,
- Seek and record their expressed preferences,
- Share a decision maker's expressed preferences with their team and supporters so they can act on them, with the decision maker's consent,
- Practice decision making and improve their ability to express preferences,
- Learn and become familiar with the language and vocabulary of decision making,
- Think about the decision making process.

**Check out the demonstration video for this resource.**

The resource below is a one-page visual board with specific decision making words. It can be used by decision makers and their supporters:

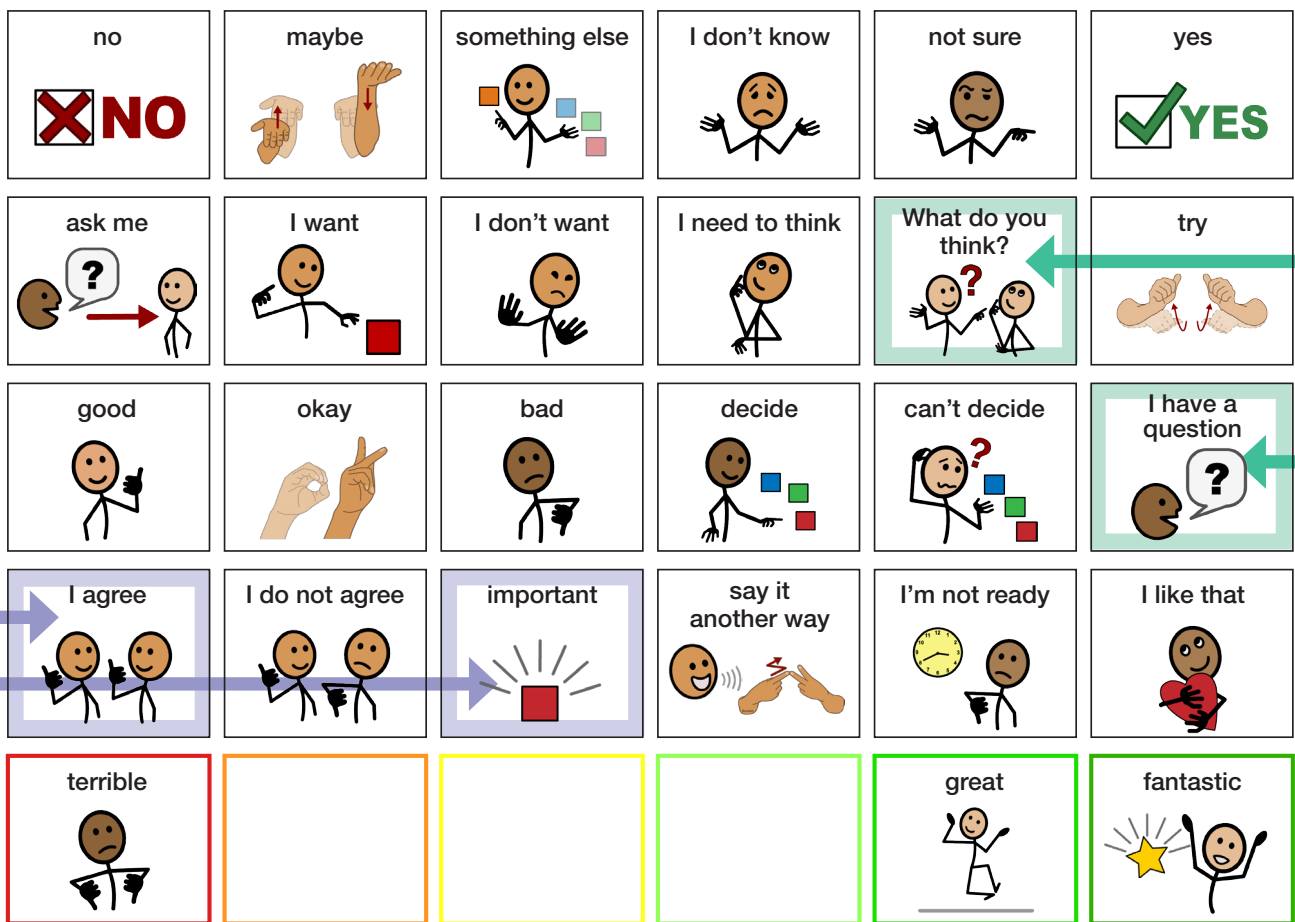
- When making decisions,
- To practice decision making,
- To learn the language of decision making.

The decision makers' supporters point to the symbols as they speak:

It adds information to the spoken words.

It shows how to use a visual board and is useful when the decision maker is not familiar with this form of communication.

The decision maker points, looks or nods to the symbols to ask someone's opinion, ask questions or make comments related to their decisions.



Making decisions may not be easy to do, especially for people who have fewer opportunities to make decisions. Therefore, it can be a good idea to practice decision making in low-pressure situations.

The following visuals can be used to reflect on the decision making process:

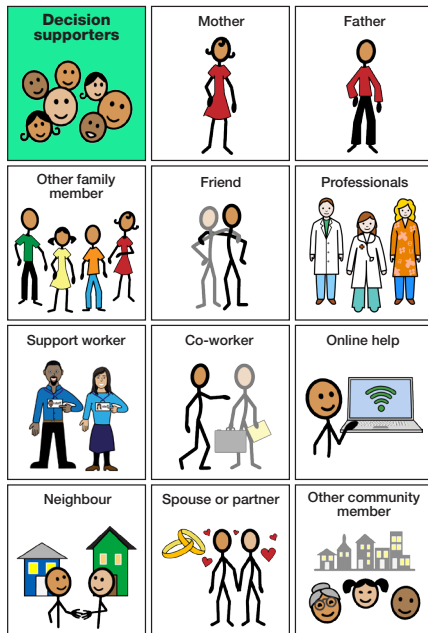
## Decisions



### What is the decision?

With this set, decision makers can think about the type of decisions they have previously made or would like to make.

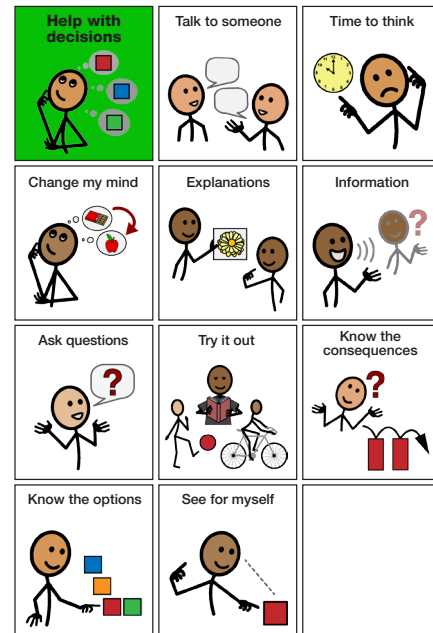
## Decision supporters



### Who are the right people to assist?

With this set, decision makers can indicate their preferred decision supporters.

## Help with decisions



### What supports are needed?

With this set, decision makers can ask for different types of help with their decisions.

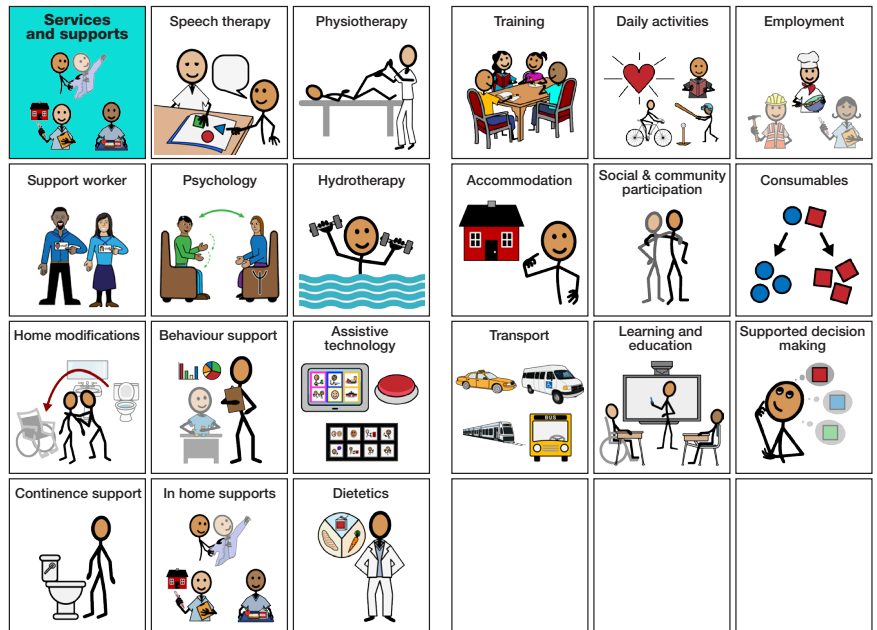
The following visuals can be used to reflect on specific topics:

## Living options



With this set, decision makers can think about where they want to live.

## Services and supports



With this set, decision makers can choose what services and support they want to access.

### Use these symbols:



#### As conversation starters

Place them on a display board as in the demonstration [video](#).

Or cut out the individual pictures. Present them one at a time or spread them in front of the decision maker so they and their supporters can point, look or nod to them during a conversation.



#### For use with a Talking Mat

Talking Mats help people to express opinions, choices, ideas, and preferences. Two conversation partners can create a Talking Mat around a topic. The pictures must be cut out individually. The decision maker places pictures representing possible options along a visual scale (eg I like, I am not sure, I don't like).

The pictures with coloured backgrounds represent the topic eg "Services and Supports." The pictures with white background represent the options. Use blank cards to identify and explore new options.

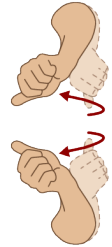
For more information on Talking Mats, please go to their website:

[Talking Mats | Improving communication, improving lives.](#)


yes




try



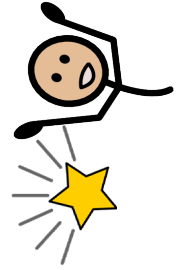
I have a question



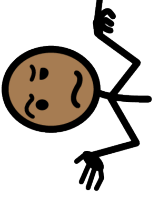
I like that



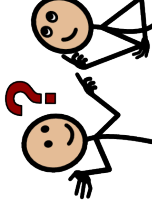
fantastic



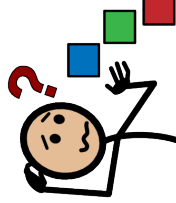
not sure



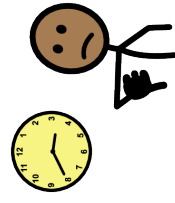
What do you think?



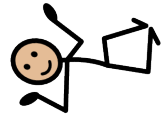
can't decide




I'm not ready




great



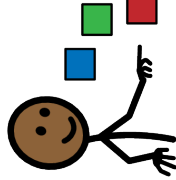
I don't know




I need to think



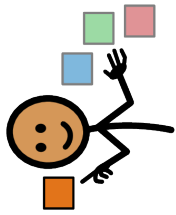
decide




say it another way




something else



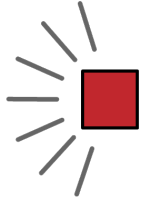
I don't want



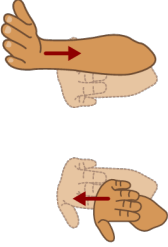
bad



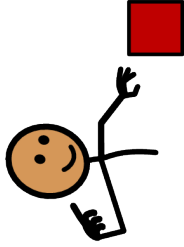
important



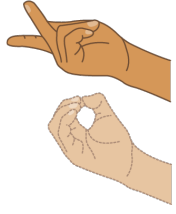
maybe



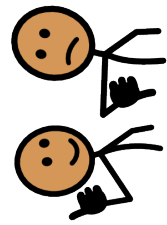
I want




okay



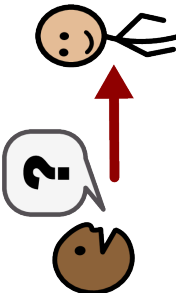
I do not agree




no



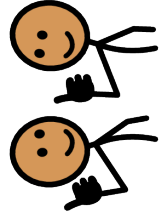
ask me




good



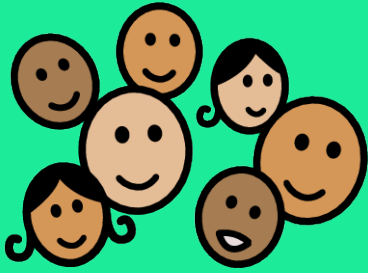
I agree



terrible



# Decision supporters



Mother



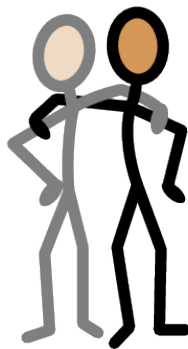
Father



Other family member



Friend



Professionals



Support worker



Co-worker



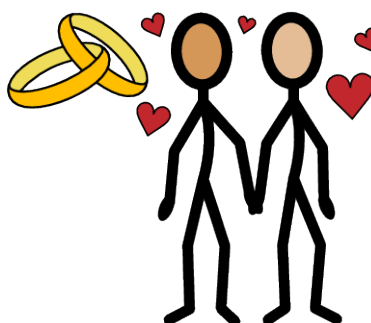
Online help



Neighbour



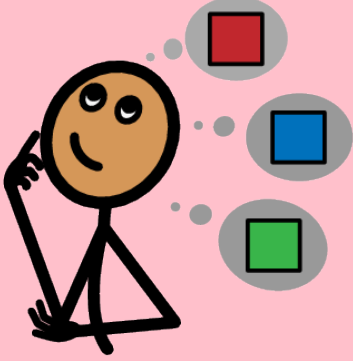
Spouse or partner



Other community member



# Decisions



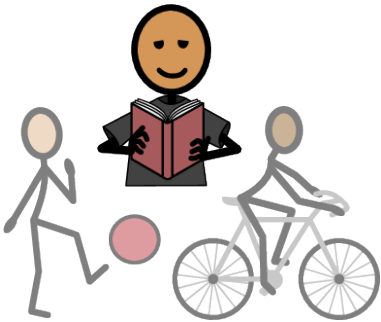
## Decisions about money



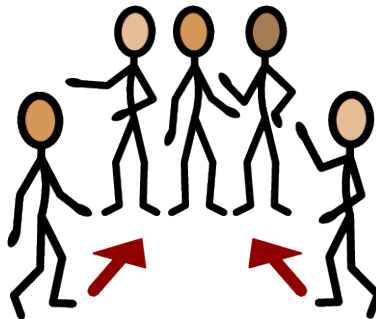
## Decisions about where I live



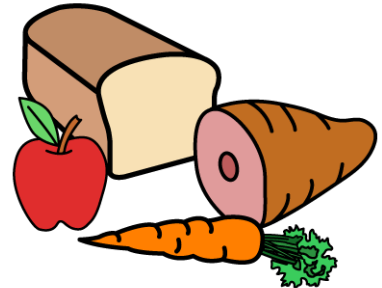
## Decisions about my activities



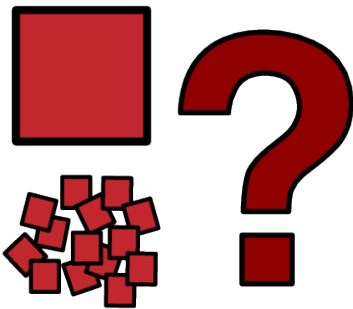
## Decisions about who I see



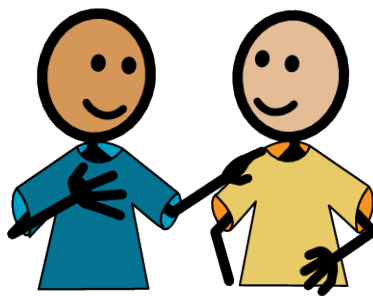
## Decisions about the food I eat



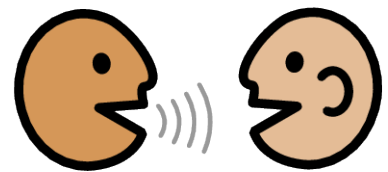
## Other decisions



## Decisions about who supports me



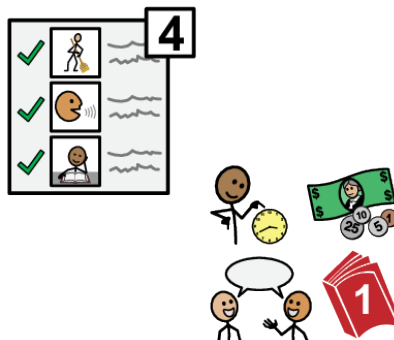
## Decisions about communication



## Decisions about work



## Decisions about my learning

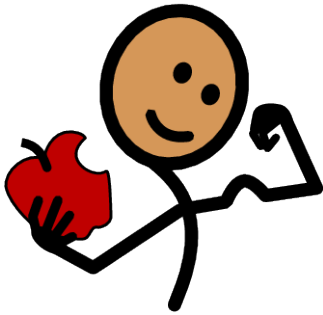


## Decisions about what I wear

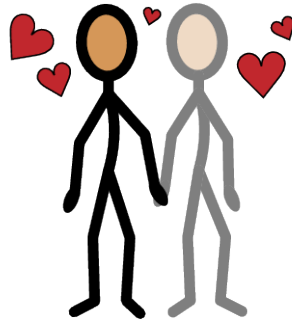




Decisions about my health



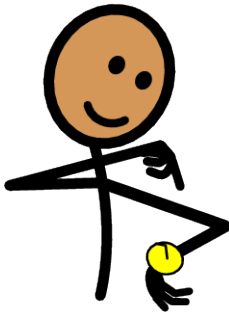
Decisions about my love life



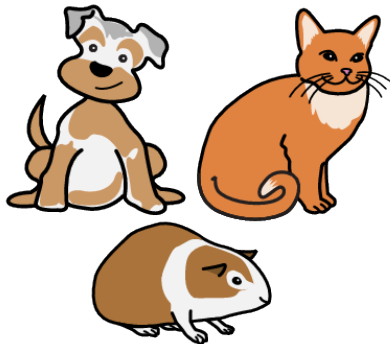
Decisions about therapy



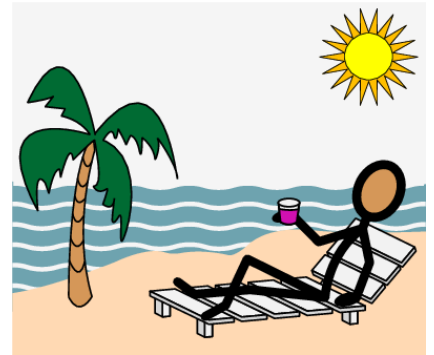
Decisions about when I do things



Decisions about pets



Decisions about holidays



Blank space for notes.

Blank space for notes.

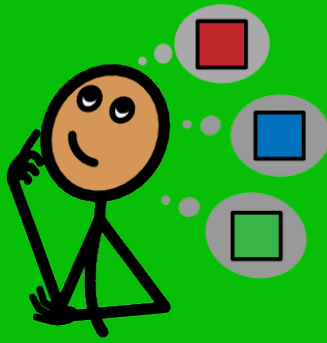
Blank space for notes.

Blank space for notes.

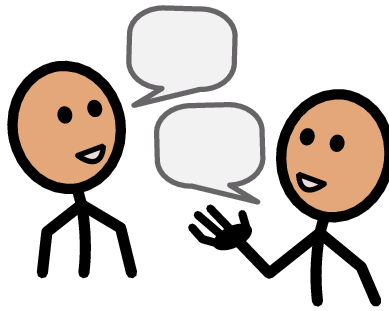
Blank space for notes.

Blank space for notes.

# Help with decisions



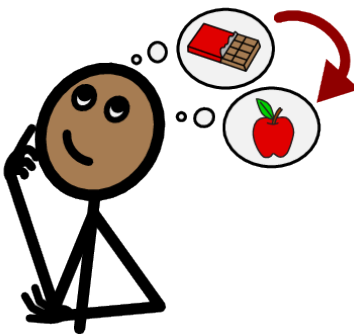
# Talk to someone



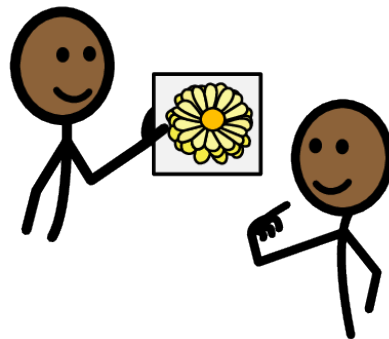
# Time to think



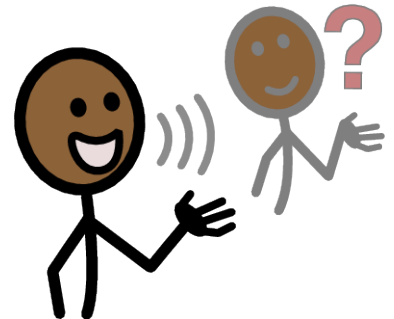
# Change my mind



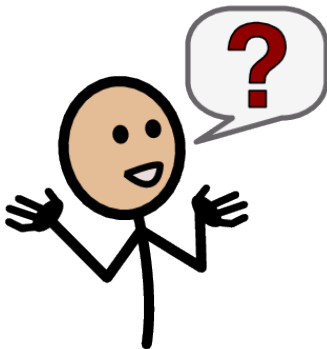
# Explanations



# Information



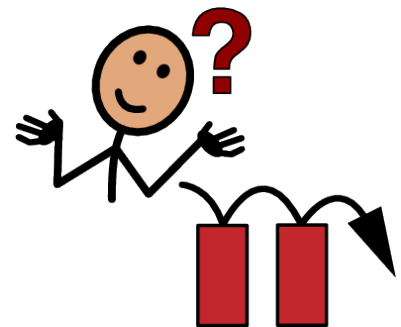
# Ask questions



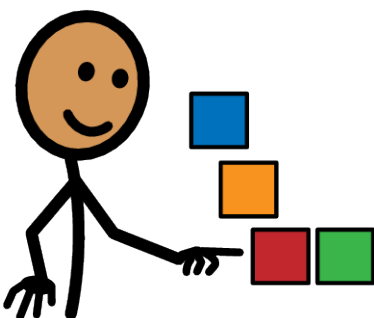
# Try it out



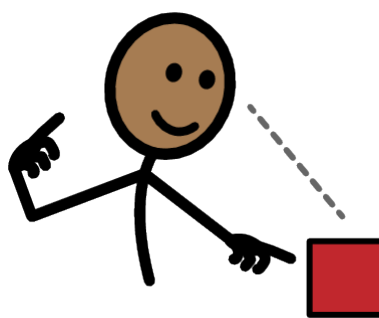
# Know the consequences



# Know the options



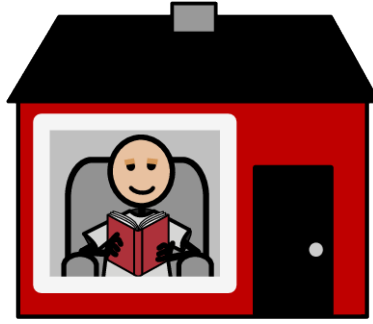
# See for myself



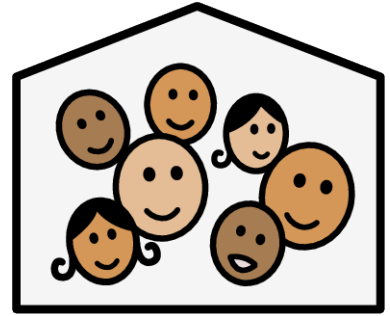
# Living options



## My own home



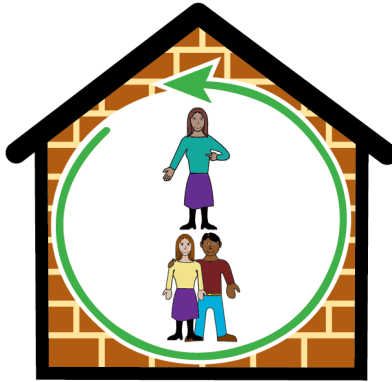
## Group home



## My home with a companion



## Host / Home Share



## Retirement village



## Relative's home



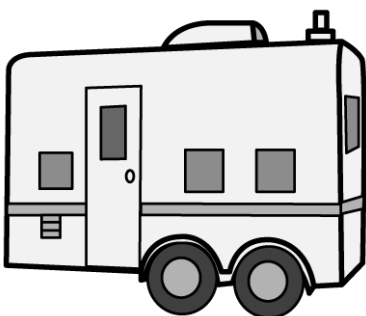
## Share House



## Board in someone's house



## Caravan park



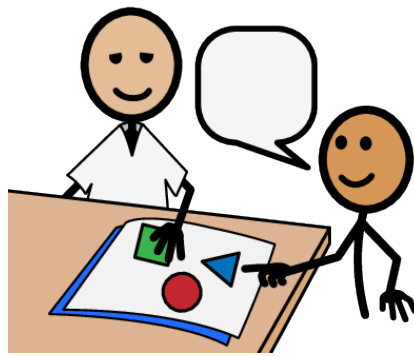
## Nursing home



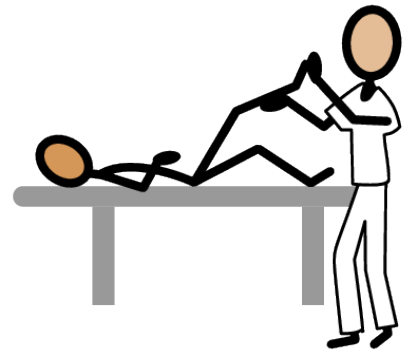
# Services and supports



## Speech therapy



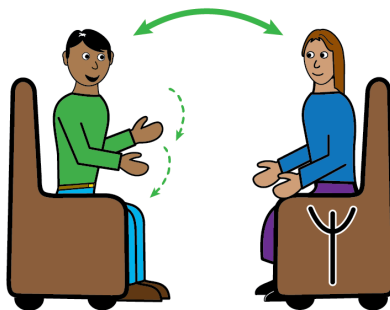
## Physiotherapy



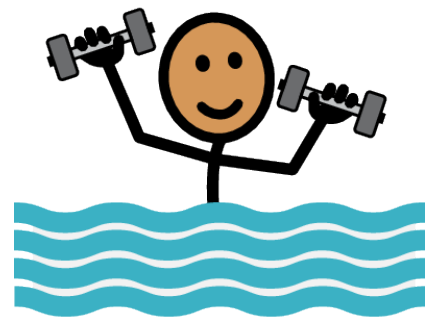
## Support worker



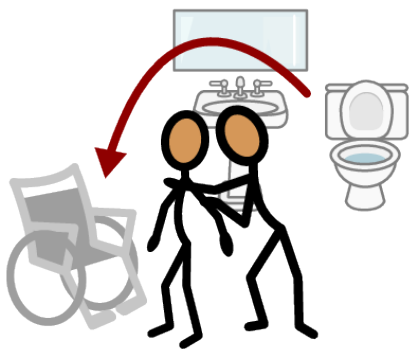
## Psychology



## Hydrotherapy



## Home modifications



## Behaviour support



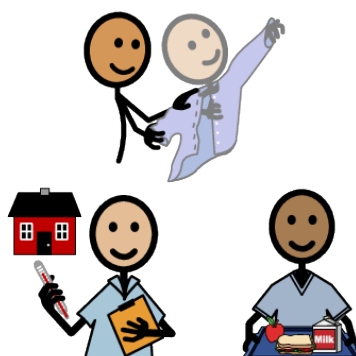
## Assistive technology



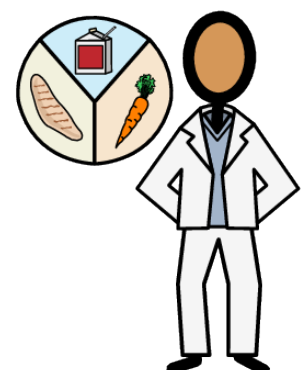
## Continence support



## In home supports



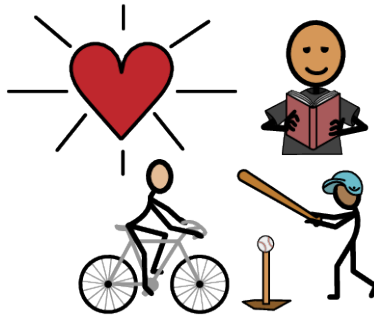
## Dietetics



### Training



### Daily activities



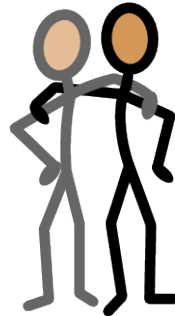
### Employment



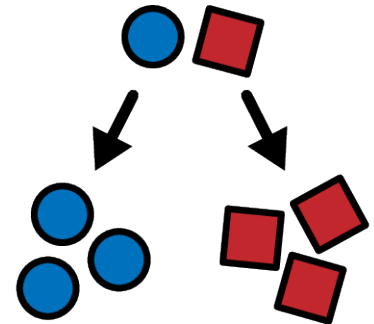
### Accommodation



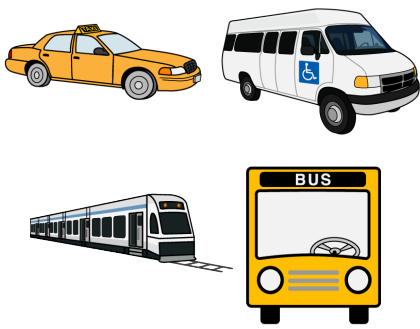
### Social & community participation



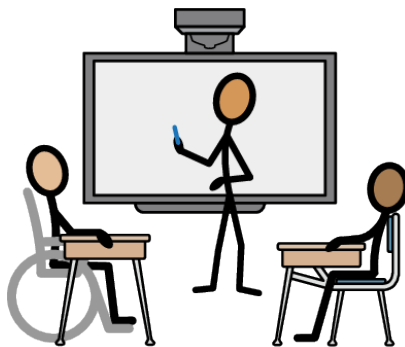
### Consumables



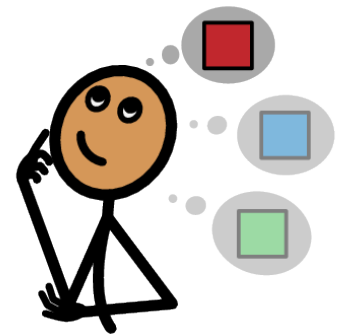
### Transport



### Learning and education



### Supported decision making





*My* Decisions   *My* Rights   *My* Supporters

## Decision Making Possibilities



### Picture credits

Free online pictures   [www.bing.com](http://www.bing.com)

Symbolstix   [www.n2y.com/symbolstix-prime](http://www.n2y.com/symbolstix-prime)

Easyonthei   [www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i](http://www.learningdisabilityservice-leeds.nhs.uk/easy-on-the-i)

Picto-Selector   [www.pictoselector.com](http://www.pictoselector.com)

Boardmaker   [www.goboardmaker.com](http://www.goboardmaker.com)

Funded by the Australian Government Department of Social Services.  
Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.